

Small table (Straining out milk)

Task Description:

One of tasks related to milking cows involves straining out milk. When doing this milk is poured from one barrel to the other. Usually farmer puts one barrel on the floor and pours milk from the other. Doing this task in such a way makes the work height not in accordance with proper work posture, which imposes bending in the back. Such body posture is a strong risk factor of development of MSDs. Milking barrel with milk weights up to 25 kg, which additionally increases significantly load in the back.



Straining out milk when barrel is put on the floor

Comments of the employee:

- 'When I am lifting the barrel with milk I feel discomfort in arms and back'*
- 'Discomfort in back increases when I bend my body to strain out milk'*

MSD risks:

- The barrel with milk weights up to 25 kg which is the limit value of weighted mass during manual handling
- Manual handling task performed in bend posture of the body creates strong risk for development of MSDs in back and shoulder

Exposed area:

- Lower back
- Upper limbs

Solutions:

- Changing the way of pouring milk by using small table. This solution do not decrease load in shoulders, however, it strongly diminishes load in back.



Using small table in order to adapt proper work postures during staining out milk

Comments after implementing good practice solution:

- Performing this kind of task involves high load especially in lower back, due to high weight of the barrel and due to uncomfortable body posture
- In order to decrease lower back load you need to adopt optimal body posture, which can be achieved by avoiding back bending
- Using small table allows you to keep body posture straight up